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## ABSTRACT

An athletic shoe comprising an upper mounted on a sole which is formed with a longitudinal channel that separates the sole into a pair of laterally adjacent compression elements which can move independent of each other.

- 5 A rigid heel counter is provided in the upper above the heel portion. As the shoe pronates from the heel strike phase to the loading phase the compression element on the lateral side compresses to begin absorbing shock and moves independent of the medial compression element. At the same time the heel counter supports the foot so that the foot undergoes a
- 10 more natural movement throughout the heel strike, loading and pronation phases.